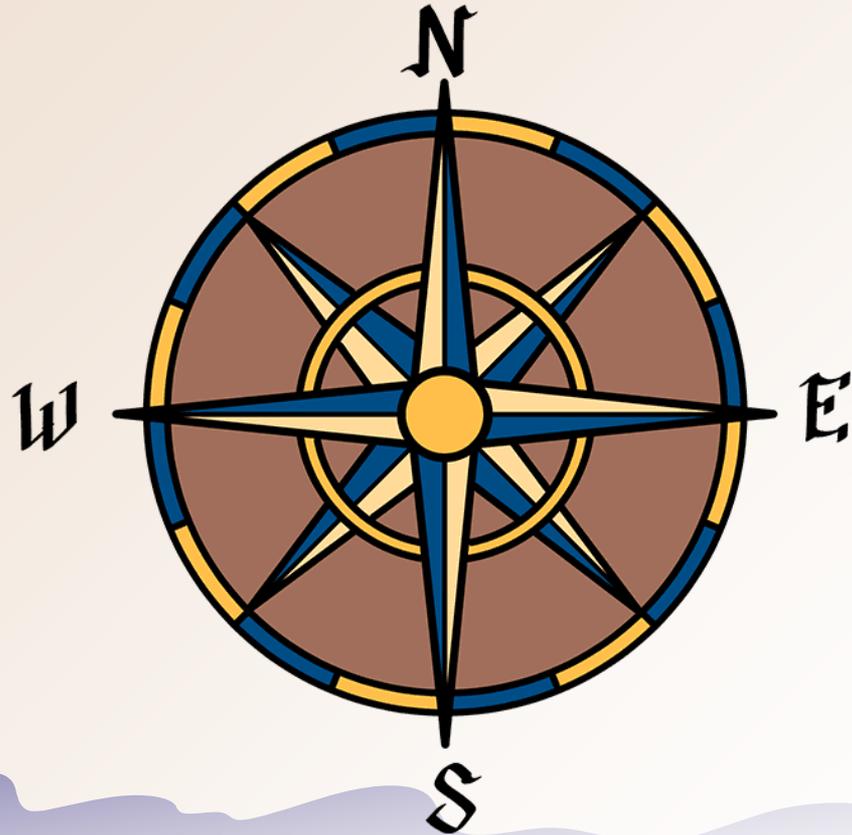


THE METABOLIC COMPASS

FINDING YOUR HEALTH DIRECTION THROUGH NATURE



Finding direction



Progression of Technology has Changed our Physiology



Appearance of
Homo sapiens
300,000 years ago



Industrial
Revolution
1760-1840



Invention of the
Home Furnace
1885



Introduction of
Industrialized Food
1940s



Introduction of
Smartphone
2007



Discovery of Electricity
1600s - 1700s



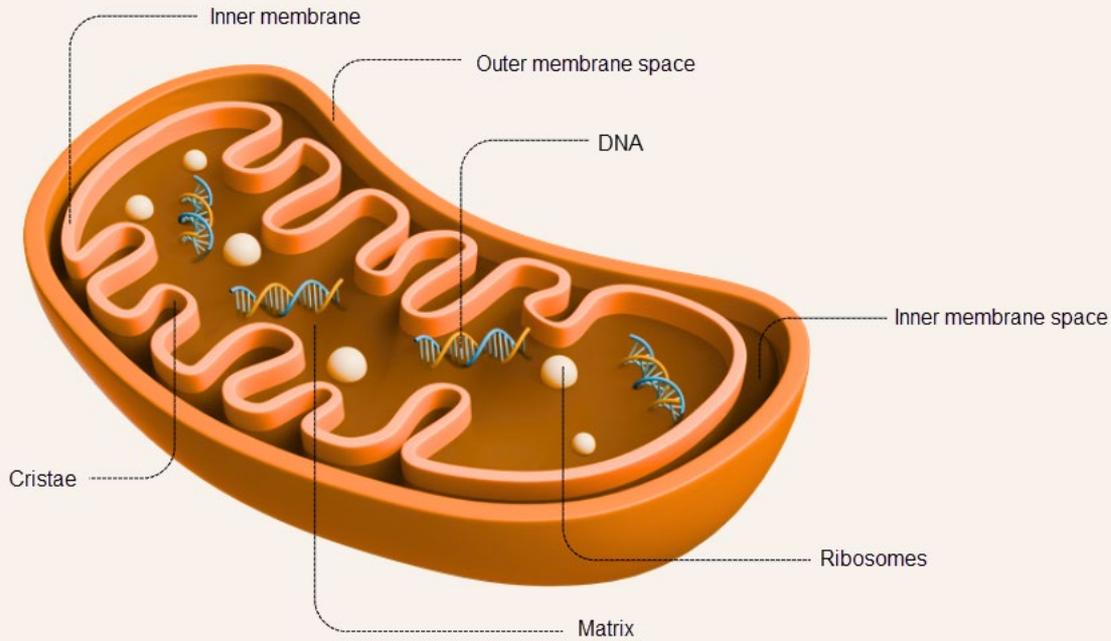
Invention of the
Light Bulb
1879



Invention of the
Home Air
Conditioner
1929



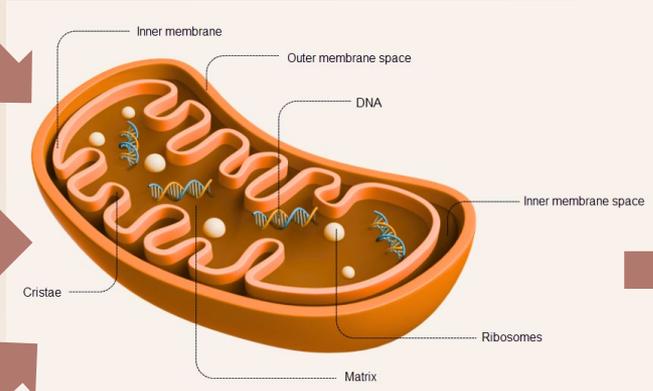
Introduction of
the Internet to
the Public
1993



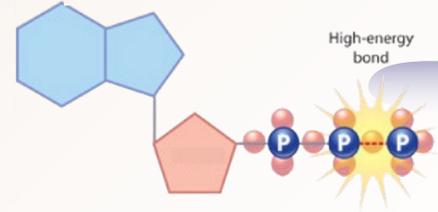
mitochondria

- Energy conversion - food to atp
- Regulation of circadian clock
- Regulating Gut microbiota
- Signaling the immune system

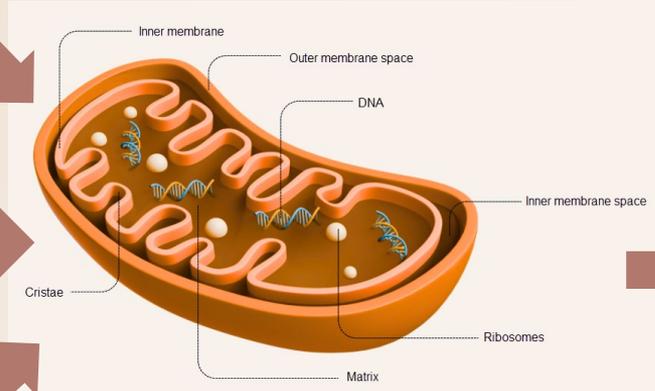
ATP: Energy currency of the body



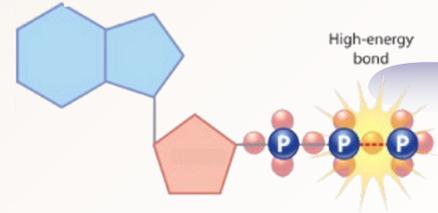
Adenosine
triphosphate = atp



ATP: Energy currency of the body



Adenosine
triphosphate = atp



Compromised Mitochondria

METABOLIC HEALTH

Blood Sugar

Blood Pressure

Cholesterol

Triglycerides

Body Weight / Fat

FUNCTIONAL HEALTH

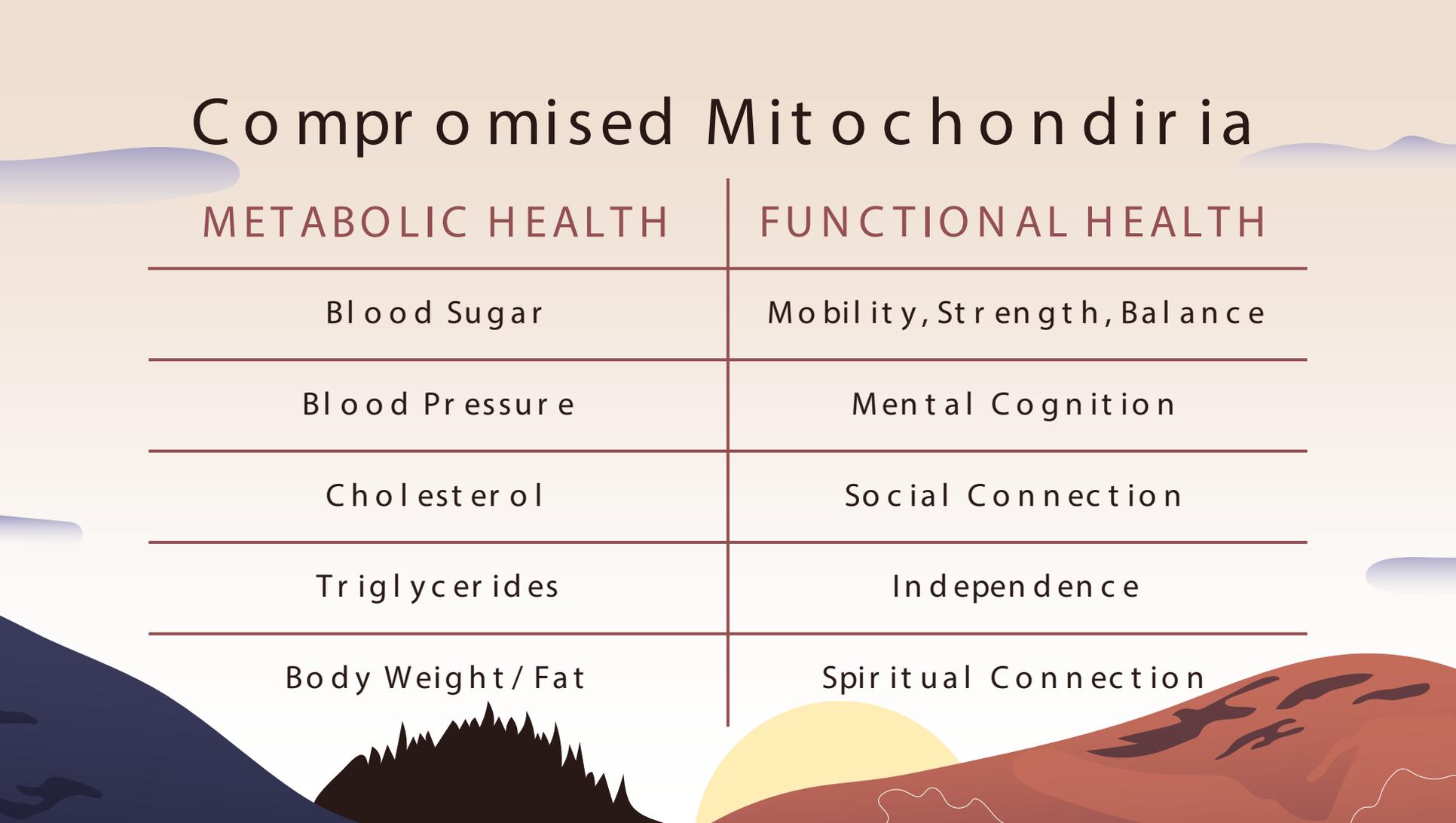
Mobility, Strength, Balance

Mental Cognition

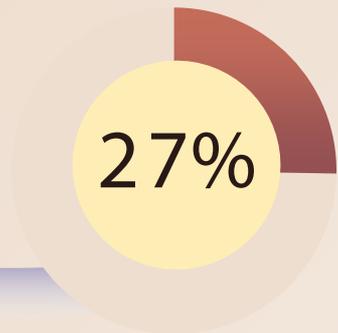
Social Connection

Independence

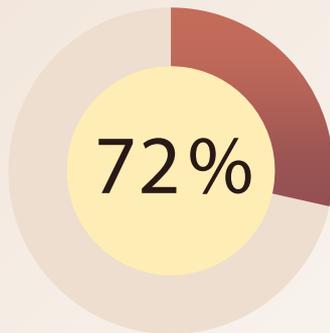
Spiritual Connection



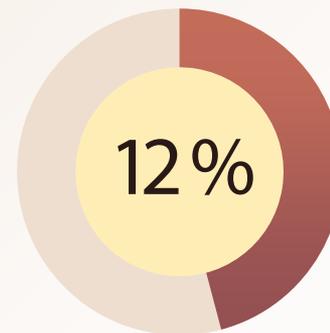
Prevalence of Metabolic Disruption over the age of 65



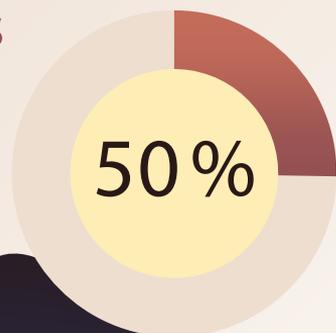
Diabetes



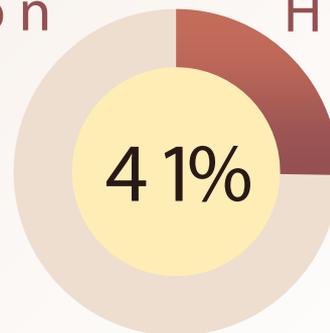
Hypertension



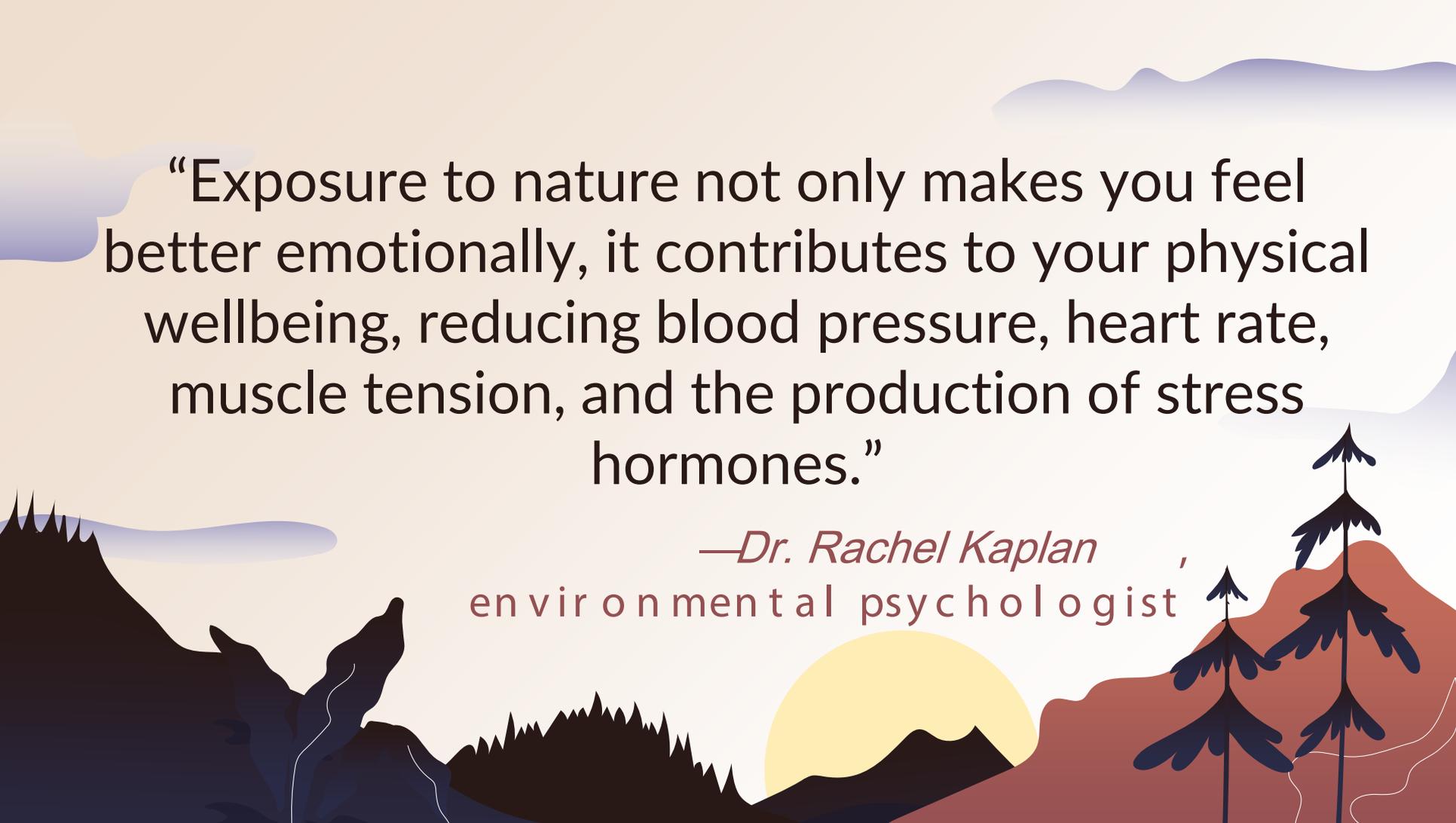
Hyperlipidemia



Pre-Diabetes

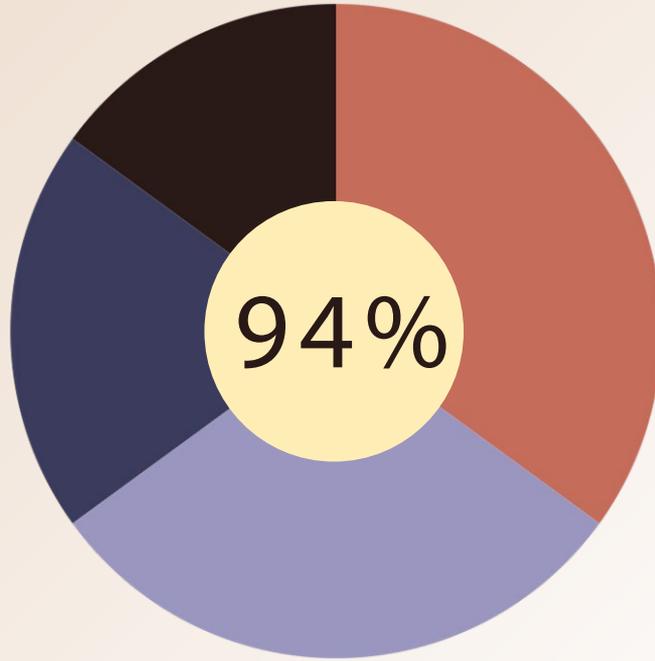


Obesity



“Exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones.”

—*Dr. Rachel Kaplan*,
environmental psychologist



Percentage of time
humans spend indoors
(car/building)

Circadian
Rhythm

N



Nature Based
Nutrition

W

Information
exposure

E

S

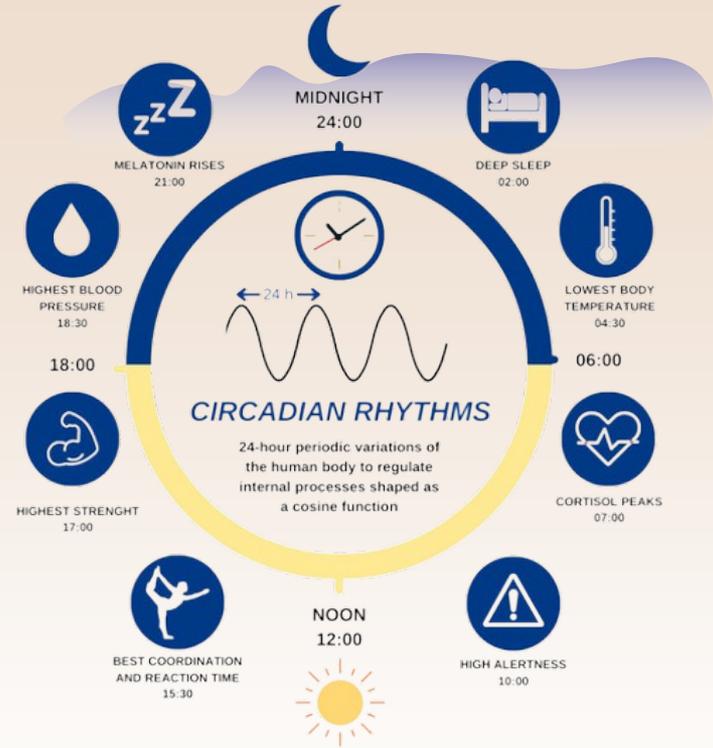
Natural
Movement &
Grounding



NORTH

Circadian rhythm

24-hour cycle that regulates physiological processes

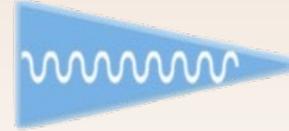


NORTH

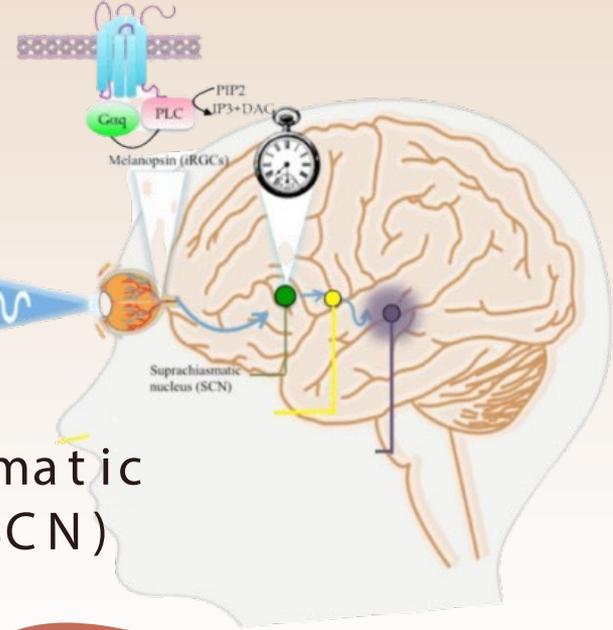
Circadian rhythm



Melanopsin molecules



Suprachiasmatic nucleus (SCN)



NORTH

Circadian rhythm

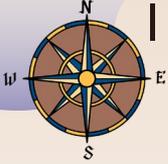


- Exposure to bright light as soon after waking as possible
- Delay caffeine intake for 90-120 minutes after waking

- Move your body early in the day
- Plan your day based on the sunrise & sunset

EAST

Information Exposure



Continuous
Partial Attention

Google Effect /
Digital amnesia

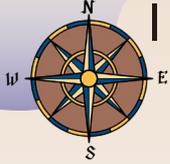


Social
disconnection

Reduction in grey
matter volume

EAST

Information Exposure



- Digital detox
- Select information sources that inspire and uplift
- Daily Mindfulness practices
- Set a limit on screens after dark

SOUTH



Natural movement & grounding

Average American
sits 10-12 hours a day

76% do not meet guidelines
for physical activity

Regular exercise does not provide same
protective benefit as consistent movement
throughout the day



SOUTH



Natural movement & grounding

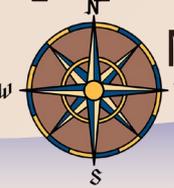
- 5-10 minutes of walking/movement every 1-2 hours
- Move the body through ranges of motion: squatting, bending, pushing, pulling, carrying
- Get outside, if possible



- Physically contact ground & plants (bare skinned is best)



west



Nature based nutrition



Weight gain

diabetes

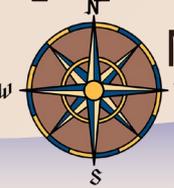
inflammation

Compromised
mitochondria

Poor gut
health

Risk of disease

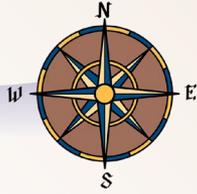
west



Nature based nutrition

- Simple meals
Natural wholefood
- Diversity – especially plants
 - Add before you subtract
- Timing





7- day compass reset

01

Morning light exposure

Natural light as soon as possible

02

Whole food meals

Simple, singular ingredients, diverse

03

10 hour eating window

Limit food intake to a window – maybe consistent with daylight

04

Digital sunset

No screens after 8 pm

05

Daily nature walk

Connect with the earth - physically touch it

Parting thought

Too many of us live life leaving our box to ride in a box to go work in a box while staring at a box then return to our box riding in a box to eat out of a box while sitting in our box watching a box only to die and be put in a box.

Instead of just thinking out of the box
let's live out of the box

GET OUTSIDE!

